
Global Education Office
Reves Center for International
Studies
The College of William & Mary



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BENGALURU/GOA SUMMER HANDBOOK

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Summer in Bengaluru/Goa 2019

This handbook offers guidelines that we hope you will find useful in making your preparations and while studying in Bengaluru and Goa. Please read the handbook carefully before your departure and **bring it with you** to India, either as a paper or email copy. The program policies are included, along with lists of important items to bring with you, tips for handling your money, and precautions for safeguarding your health and belongings. In an effort to serve you best, the material in this handbook is edited each year and contains the latest information available to assist you in preparing for your trip. While we do our best to provide you with the most accurate information, inevitably some changes may take place and we will need to make adjustments. Your program director and the Global Education Office Advisor at the Reves Center will keep you informed of any changes.

Handy Information

SUMMER HOLIDAYS AND EVENTS IN INDIA

Date	Holiday	Description
June 13	Feast of St. Anthony	State-wide events celebrate the arrival of the monsoon. If the rains have not yet started, a statue of St. Anthony is lowered into a deep well
June 24	Sao Joao Festival	Taking place all over Goa and involving celebrations of newlyweds, particularly around the bridegroom and his new in-laws, who welcome him into their home

AVERAGE MIN/MAX TEMPERATURES IN GOA (°F)

January	February	March	April	May	June
68/88	68/88	73/91	79/91	82/91	81/90
July	August	September	October	November	December
79/86	79/86	81/88	77/91	73/93	70/90

TIME ZONE COMPARISON: GOA IS 9.5 HOURS AHEAD OF VIRGINIA DURING SUMMER

Pacific (US)	Mountain (US)	Central (US)	Eastern (US)	Goa, INDIA
5:00am	6:00am	7:00am	8:00am	5:30 pm
1:00pm	2:00pm	3:00pm	4:00pm	1:30 am (next day)
9:00pm	10:00pm	11:00pm	Midnight	9:30 am

India: Country and People

- India is the largest democracy in the world. It is politically, socially, and culturally one of the most diverse places on the planet. It is home to over 30 languages and numerous dialects, as well as the proponents of all of the world's major religions. These include Hinduism, Islam, Christianity, Sikhism, Judaism, and Zoroastrianism.
- Elections in India, which is a multi-party parliamentary democracy, are held at 5-yearly intervals. The next elections are due in 2019. The two main political parties are the Congress and the BJP. Since Indians are vocal participants in the political process, discussing the elections with locals would make an excellent topic of conversation.
- Indians subscribe to a variety of identities, including region, language, caste, class, political orientation, and religion. These identities interact with each other and one may become dominant over others depending on the context.
- Asking someone what region they are from, what language they speak at home, where they were educated, and what they do for a living make for other great topics of conversation.
- Indians enjoy going to the movies and discussing them during the screening and later. Bollywood is one of the biggest film industries in the world. Students should watch at least one Hindi film while they are in India and have conversations about what they have seen with locals.
- Cricket is one of the most popular sports in India. Matches are shown on television and boys and men can be seen playing in many neighborhoods.
- Personal space and distance, when speaking to someone, or even when walking down the street or on a bus, are much smaller in India. Please don't be alarmed if someone stands close to you while speaking or rubs up against you on the street or the bus. However, if this becomes inappropriate in any way, don't be afraid to speak up and make your displeasure known.
- Indian society is conservative, especially in terms of clothing. Wear clothing that does not reveal too much skin.
- Just as Americans have stereotypes about Indians, Indians too have stereotypes about Americans. For instance, Indians feel that Americans are not especially family-minded or religiously-oriented and are more materially-driven. Since you are learning about the complexities of India, you should also attempt to present a more nuanced and complex picture of America and Americans to Indians.
- Educate yourself about India before leaving but also while you are there. Read the local newspapers and watch the television news to get a sense of what people are talking about in the region and country. This will make you more educated and intelligent participants in conversations with locals. Indians, like people anywhere in the world, appreciate it and open up if you demonstrate a genuine interest in their lives and concerns.
- Most importantly, have fun, and see India for what it is rather than what you want it to be.

Overview, Dates, and Money

PROGRAM OVERVIEW

- **Fees:** \$6250
- **Program Director:** Mark McLaughlin, mjmclaughlin@wm.edu
- **Accommodation:** While at the International Centre of Goa, participants of the William & Mary program will live in double rooms with an attached bathroom (like a hotel). Students will stay on the National Law School's campus while in Bengaluru. During any possible overnight excursions, students are typically housed in hotels.
- Meals are included in the program fee and will be provided at the International Center and with a stipend. During the Bengaluru portion of the program, meals will either be included at the National Law School in Bengaluru or covered through a meal stipend.

PROGRAM DATES

- Arrive May 18 in Bengaluru – Depart June 21, 2019 from Goa, please schedule your plane travel accordingly.

1 CREDIT COURSE

Students are automatically enrolled in a one credit pre-course after the spring semester has begun. Typically the class will begin after spring break. Dates and times are to be determined by the Program Director and the participants.

MONEY

A note on currency: Regardless of the level of financial resources you may have available for your period of study abroad, all students share the same need to have quick access to their funds and, at the same time, to have their money protected against loss. The currency of India is the Indian Rupee (and exchanges to the US dollar at a rate of \$1 US = 71.6 Indian rupees (INR) or 1 INR = \$0.014 USD (as of December 2018). You can check the current exchange rates on the web at <http://www.xe.com/ucc> or in the financial section of a large city newspaper.

Visa Information and Budgeting

TRAVEL DOCUMENTS

Passports

- You should ***apply as early as possible*** before departure to secure your passport through a Passport Agency (found in major cities), a local issuing office, a Federal or State Court House, or a Class I Post Office.
- Start the process early so that there will be plenty of time to resolve any problems that may arise. If you will be using your current passport, make sure that it is good for six months after your return to the U.S. If it is not, you will need to renew it.
- Guidelines on renewing your passport or applying for a new one can be found at:
<https://travel.state.gov/content/passports/en/passports.html>

Visa

- All U.S. citizens and many citizens of other countries are required to have a visa prior to departure to enter India. For the summer program you will receive a tourist visa.
- Please be ready to follow instructions as given from the Global Education Office and the Program Director in terms of applying for the visa. Not applying within the timeframe suggested may result in you not being receiving your visa in time for the program. Please keep in mind that it is your responsibility follow up with the application and that you may be liable for program fees even in the event of you not obtaining the visa in time.
- Please note that in the past, obtaining visa has taken several weeks, please begin the process at least 6 weeks prior to your departure date if you are a US Citizen. Students holding passports from other countries may need more lead time to process your visa (2 to 3 months). Regardless, all students will need to have a passport prior to apply for a visa. Please visit the Embassy of India web site at <http://indianembassy.org/pages.php?id=18> for additional information.
- If you are not a US citizen, please check with the Indian Consulate or your native government's foreign ministry about entry restrictions and/or requirements as soon as possible. Please keep in mind that visa processing times can vary greatly depending upon your country of citizenship.

- As of the time of writing, the visa agency being used by the Indian consulate is Cox & Kings Global Services (CKGS). Their website is a good source of information on how to apply for a visa to India, including various checklists on what documents will be needed: <http://www.in.ckgs.us/>
- Be sure to sign the visa application in all places indicated to process.
- More information on obtaining and applying for a tourist visa will be given through the Program Director and the Global Education Office, and through the information on the BB site.

BUDGET

- Please plan accordingly for additional entry requirements. For US citizens, a visa is approximately \$160.00, in addition to a processing fee. In the US, visas to India are issued by Cox & Kings Global Services (CKGS).
- Students need to be up-to-date on their immunizations for travel to India. Recommended immunizations include: hepatitis A, hepatitis B, influenza, polio, typhoid, tetanus, and measles. Malaria pills are highly recommended. Students are encouraged to visit the Student Health Center or a clinic for shots and/or pills prior to departure. Past students have mentioned that the necessary vaccinations and pills cost them close to \$400; plan accordingly.

Study Abroad Program Worksheet for Bengaluru/Goa

Expenses:	Amount:	When due:	Paid to W&M?	Paid out of pocket?
Program Fee	\$6250	Deposit March 1st, Balance April 1st	Yes	
Airfare	\$1500-\$2000			Yes
Room & Board	\$150			Yes
Study Abroad Application Fee	\$75		Yes	
Visa, passport, photos	\$160 (visa), shots (\$400)	Prior to beginning of program		Yes
Books & supplies	\$100			Yes
Misc./Personal	\$384			Yes
Total	\$9520			
Eating	Items		Average Price	
	Local Restaurant Small Meal (Vegetable Thali)		\$0.71	
	Western Food		Dominos Pizza: \$6.67 Subway Sandwich (6-inch): \$2.82	

		Italian, Steak or European Cuisine (dish): \$5.65	
	Soft Drink (Pepsi/Coke, 1.5 litre)	\$0.61	
	Drinking Water (1 litre bottle)	\$0.40	
	Fruits, Pineapple/Papaya/Kiwi	\$0.40	
	Cup of Milk Coffee	\$0.20	
Living		\$0.25	
	1 min. of Prepaid Mobile Tariff Local		
	Haircut	Men: \$0.61 Women: \$6.05	
	T-Shirt (non-branded)	\$2.62	
Traveling	Transportation Methods	Average Price	
	Taxi/Auto-Rickshaw (short distance)	\$1.61	
	Bike Rental Honda Dio/Activa 100cc (per day)	\$3.03	
	Taxi (app. 5 km)	\$6.05	

How will the program be funded?

Sources:	Amount:	When Available:
Scholarship(s)		Varies by deadline, Reves scholarships will reduce your total balance due. You will find out if you've been awarded a Reves scholarship by the end of February.
Financial Aid (Loans, grants, through W&M)		First day of classes on campus or the first day of the summer program, whichever is LATER.
Savings		
Parental/Guardian support		
Other		
Total		

Packing

PACKING TIPS

General

- Clothing should be comfortable and lightweight. Choose clothing that is easy to keep clean and can be hand-washed by local dhobis (washermen/women). Automated washers and dryers are not common in India. The weather in India will be hot and humid, and rooms may not be air-conditioned.
- You must carry a sturdy umbrella with you since the Monsoon rains will be arriving in Goa around the same time you travel there. Also, consider bringing some warm-weather rain gear – hat and jacket.
- Window screens are uncommon in India and mosquitoes and other biting bugs are not. Bring a non-aerosol repellent to avoid the discomfort associated with bug bites. Also bring some hydrocortisone (or whatever you use to reduce the inflammation associated with bites). You will be bitten. The idea is to reduce the number and discomfort associated with this.
- **Remember to pack your malarial medication.**
- Many items you need can be purchased once you've arrived at your destination. For example, bring travel-sized toiletries to keep your bags light, and purchase full-sized items once you've arrived.
- Do not bring any items of sentimental value that you couldn't bear to lose.

Luggage

- **Pack only what you can carry by yourself up 2-3 flights of stairs, or walk with for relatively long distances.** A wheeled duffel bag or suitcase plus a generous tote or backpack for weekend travel should suffice. Returning students recommend that your carry-on be a backpack rather than a handheld bag if you plan to do any extra traveling.
- Do not pack valuables in your checked luggage.
- Put address labels and contact information inside and outside each piece of luggage.
- Pack medications in your carry-on luggage.
- Pack all sharp objects securely in your checked baggage.
- Pack all liquids in plastic bags to avoid leakage during travel.
- Place your camera and laptop (if bringing one) in your carry-on.
- Put TSA-approved locks on all of your luggage so that it can be opened without the lock or bag being destroyed.

Clothes

- Clothing should be comfortable and mostly lightweight. Indians tend to dress more conservatively than Americans; they usually wear shorts, camisoles, tank tops and the like only when exercising or going to the beach. Bring one dress outfit for travel to theater, businesses, special events, etc.
- Bring easy care clothing items that are lightweight, drip dry, and wrinkle-proof, such as knits, permanent press, and cotton clothes. Dark colors are more practical than light, as they do not show dirt as easily.
- Pack clothes you can mix and match so as to give your wardrobe as much variety without having to pack as much.
- Only bring clothes you can imagine wearing often.
- Bring clothes that you can layer for various temperatures.
- Do not bring clothes that immediately mark you as 'foreign' – avoid items with obvious phrases in English, or other symbols that will immediately mark your outsider status.
- Roll clothes instead of folding them; you will fit more in the bag, and have fewer wrinkles upon arrival.

Gifts

- Students often find that there are people they want to give gifts to at the end of their stay. Try to think of things that are unlikely to be available in India: items made in your home region, calendars or books with photos of America's outstanding features (wildlife, national parks, plantations, cities, and so on), William & Mary paraphernalia, and the like.

For more tips, please consult the Summer Study Abroad Manual, as well as the "Know Before You Go" section of this handbook.

AN IMPORTANT NOTE ON ELECTRICITY IN BENGALURU/GOA

Electricity in India is 230 volts, 50 cycle alternating current (AC). For comparison, in the United States it is 110 volts, 60 cycle AC current.



If you plan on using your own 110-volt appliances, you will need a voltage converter, unless your appliance is designed to also work with 230 volts electricity (dual voltage). For example, most laptop and camera chargers are designed to work both at 110 and 230 volts. **Plugging in an appliance that is not designed to run on 230 volts electricity without using a voltage converter will most likely kill it and may cause fire!**

Regardless of voltage, if your appliance has flat prongs, you will need a plug adapter: Indian sockets are designed to accept round prongs. Do get one before your leave!

As a matter of fact, Indian plugs can be of two different types; Type C and Type D. The Type C most closely resembles European-style plugs while the Type D plug represents the old British-style plugs. Regardless of plug type, **the outlets all produce 230 volts!**



Type C Plug



Type D Plug

Traveling to Bengaluru/Goa

NOTE: You are responsible for your own travel arrangements to and from India.

AIRPORT PICK-UP

Please schedule your travel so that you arrive in **Bengaluru** (Bangalore when looking up flights on many websites) on May 18. Be certain to check the arrival date of your flight because most flights will arrive in India TWO DAYS after they leave the US (typically arriving very early on the morning of the 18th.) The program officially ends June 21st in **Goa** (i.e. you will need to leave by that date or make arrangements for your own housing for that night and beyond). If you plan to stay in Goa after the end of the program, you will be responsible for organizing and incurring all additional housing and food costs. You have no commitments (academic or otherwise) to the program beyond the 21st.

Try to fly out of Dulles or other major gateway airport with other W&M students because this will make it easier to coordinate the airport pick-up in Bengaluru. The airport is approximately an hour drive to the National Law School. Arrangements will be made to have the group picked up and brought to the NLS.

Please note: Should you plan to fly into Mumbai International Airport in India, be advised that the international and domestic airports are separate. A shuttle bus is provided but the security requirements for getting on this bus are the same as boarding a plane. You will need a passport, a boarding pass or itinerary with your name clearly printed on it. Your bags will be x-rayed and you will be searched. Without your domestic ticket in hand for your flight from Mumbai to Bengaluru in hand, or itinerary which includes your domestic Indian flight and your name clearly printed on it, you will not be permitted on the bus and will be forced to take a taxi. It is **very important that you have your flight itinerary or boarding pass when flying from Mumbai to Bengaluru**. In addition, if you have a long layover in Mumbai for your flight to Bengaluru, you may not enter the airport until 2 to 3 hours prior to your departure. The international airport does have a waiting room, but it is not free and you will need local currency to enter.

Other common layovers include Doha, Abu Dhabi, and London Heathrow. Please also keep in mind that recent US federal flight regulations have made it so that when returning to the US from certain airports in many Middle Eastern countries that you will need to pack all electronics in your **checked luggage**. As such, you may wish to book flights that bypass this region altogether.

Again, please remember, you will book your flight to Bengaluru and from Goa on the return.

Coursework

During your time in Bengaluru, you will be staying and studying at the National Law School of India in Bengaluru.

The National Law School of India University was officially established in 1987 as the first ever National Law University in India. It continuously ranks as the most prestigious law university in India. NLS offers a five year integrated undergraduate law program and has graduate programs in law and public policy. The summer program routinely works with faculty, administrators, staff, students, and distinguished guests associated with the Centre for the Study of Social Exclusion and Inclusive Policy (CSSEIP) founded in 2008. The CSSEIP promotes interdisciplinary research on the varied forms of social marginality and exclusion in India with a particular focus on caste, tribal, and religious minorities.

The Objectives of CSSEIP, via their website:

- Encourage interdisciplinary research on the dynamics of social exclusion and contribute to academic debates in social science and legal scholarship.
- Develop conceptual frameworks that are reflexive of India's socio-cultural realities and expand the space of intellectual discourse.
- Assist law and policy makers in the preparation and critical evaluation of legislations and policies pertaining to the socially excluded communities.
- Disseminate information on social exclusion issues through publication of journals, books, research papers and reports and strengthen critical public discourses in India.
- Build ties with social movements, organizations and agencies working to build an inclusive and just society.

Activities

- Conduct original research and make available the findings in both academic and popular fora
- Provide training, research and advisory services to government, non-government and other agencies, both national and international in policy formulation and implementation.
- Organize workshops and conferences that provide a forum for state legislators, bureaucrats and judges to interact with scholars, activists, film-makers, journalists, among others, and reflect collectively on issues related to social exclusion.
- Collaborate with local and international research and activist organizations committed to strengthening democratic ideals.
- Encourage strategic litigation to provide legal assistance to the vulnerable sections of society and explore legal remedies in their favor.

- Build an archive of print, digital and visual texts on issues pertaining to social exclusion, especially as it relates to the realms of law and state policy.
- Undertake translation projects to make important writings done in Kannada available to a non-Kannada audience and, likewise, make available in Kannada important work done in other languages.

(https://www.nls.ac.in/index.php?option=com_content&view=article&id=66%3Acentre-for-the-study-of-social-exclusion&catid=6%3AAcademic-programmes&Itemid=32)

(Photos of the campus can be found here:

https://www.nls.ac.in/index.php?option=com_hpalbum)

In Bengaluru, students will be attending panel discussions, lectures, classes, visiting NGOs and interacting with students of the Law School.

During your stay in Goa, you will study at the International Center of Goa:

INTERNATIONAL CENTER AT GOA

The International Center, Goa (ICG) is a non-profit society founded in June 1987 under the Societies Registration Act, 1860. The ICG was inaugurated by His Excellency the late Dr. Shankar Dayal Sharma, the then President of India on 18 June 1996. The ICG is an autonomous institution. It organizes programs and projects of local, national and global significance independently as well as in collaboration with local, national and international institutions.



The ICG also maintains residential facilities for scholars, intellectuals, researchers and trainees, and is mandated to establish and maintain funds from government and non-government agencies. Local, national and international organizations also organize their residential and non-residential conferences, seminars and training programs at the ICG. These activities are complemented by private social and business functions.

Its current operational costs are met by revenues generated from the services it renders. However, to fund its programs, it relies on grants and donations from local and international institutions as well as individuals.

The International Center's 42 double air-conditioned rooms provide comfortable accommodation in Goa. Of these four rooms are wheelchair and disabled friendly. The International Center Goa is located on 14 acres of land on the Taleigao Plateau at Dona

Paula, Goa. The plateau overlooks the famous Zuari River. The center has 3 conference halls, a restaurant, and several lawns of different sizes. Every room has been provided with cable T.V., Wi-Fi, STD/ ISD facilities, refrigerator, tea-coffee maker, hair dryer and iron box with ironing table on request.

CLASSES AT INTERNATIONAL CENTER OF GOA

Textbooks and class materials: Your program fee does not include textbooks. Please see Program Director concerning proper textbooks and course materials.

Courses
RELG 308: Meditation, Temples, and Festivals: Religious Expression and the Impact of Globalization
ARTH 220: History of Goan Architecture

Excursions & Activities

EXCURSIONS

Excursions are currently being planned and will be shared once they have been confirmed.

Consider purchasing a travel guidebook prior to leaving the United States to help you make personal travel plans. These can be purchased at bookstores like Barnes & Noble, or online. Some guidebook publishers include:

- *Eyewitness Travel Guide*
(<https://www.dk.com/us/search/?searchterm=india&refinements=series=EYEWITNESS%20TRAVEL%20GUIDES~ref1>)
- *Fodor's* (<http://www.fodors.com>)
- *Lonely Planet* (<http://www.lonelyplanet.com>)

ACTIVITIES

Each course includes its own field trips and visits to local sites of interest relevant to the themes of the course. There are also other events planned, such as dinners at the homes of local William & Mary alumni. If students are interested in other trips, the Program Director and local coordinator can potentially assist in organizing them.

Housing and Meals

HOUSING

During your time in Bengaluru, you will be staying and studying at the National Law School of India in Bengaluru and staying on campus in apartment-like set ups. These rooms will consist of a living area, a kitchen, a shared bath, and double or triple rooms.

Participants will live in air conditioned double rooms with an attached bathroom at the International Center of Goa. The Center is similar to a hotel, and is used for business conferences as well as the W&M program. It is made up of several different buildings for housing, conference rooms, and dining hall connected by covered walkways. The ICG also has a pool and gym room for those staying at the ICG.

If there are any overnight excursions, students will be staying in double or triple occupancy rooms in hotels.

MEALS

Meals are included in the program fee and will be provided at the NLS, ICG. Meals on weekends are typically stipends, as well as some evenings in Bengaluru.

Note: In keeping with the policy of the W&M Office of Residence Life, the Reves Center does not offer housing for the family of any students participating in W&M-sponsored study abroad programs. Also, family members or friends may not participate in any program activities or excursions. If you have family or friends who want to visit you while abroad, it is recommended they do so after the completion of the program.

Communication

CELL PHONES

Most American cell phones will work in India if they are GSM/internationally capable (such as certain Droids, Blackberrys and iPhones). Check with your provider to inquire about your phone's capabilities and the charges incurred while using it abroad. Purchasing a cell phone in India may be an option, but is not included in the program price, and it is very difficult to get a local SIM card as a foreigner.

PLACING INTERNATIONAL PHONE CALLS

See the "Handy Information" section for a time zone conversion chart before you call!

Calling India from the United States: Dial 011 + 91 + AREA CODE + LOCAL NUMBER

Calling the United States from India: Dial 00-1+area code + phone number.

Emergency Numbers

Police: 100

Ambulance: 102

Fire: 101

Health & Safety

IMMUNIZATION

In order to participate on the program, you **must be** vaccinated for the following diseases: Typhoid, and Hepatitis. You may want to consider taking a prescription antimalarial drug, as well.

For current information concerning recommended protection against infectious diseases for those planning to travel abroad, you may check the Center for Disease Control's website at:

<http://wwwnc.cdc.gov/travel/destinations/india.htm> If you prefer to talk to someone in person about the currently recommended immunizations, you can call Travel Health of Williamsburg at 757-220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel. You must start your immunizations at least two weeks before departure because one of the shots is a series that needs to be spaced over 10 days. Do not wait until right before your departure date to get immunized or to pick up the malaria pills, which you typically need to start taking prior to your departure to India. Past students have said that their shots and malaria pills have cost around \$400; please note that this is your responsibility.

AND PLEASE REMEMBER TO BRING YOUR MALARIA PILLS WITH YOU TO INDIA!!!!

STAYING WELL/GETTING SICK

Good health care is readily available in India and there are many English-speaking doctors in South India. However, you will find that not many American over-the-counter medications are available in India. By contrast, Indian products recommended by local physicians will be of good quality. However, we recommend that you carry American over-the-counter medications for cold and flu, traveler's diarrhea, and other minor illnesses as a matter of comfort. For the duration of the program, the Director and the local coordinator are always available to assist students in obtaining medical care.

As a precaution, please make sure to NOT drink water anywhere in India unless it is BOTTLED. For instance, do not drink water from taps at airports and other places labeled "drinking water" or the water from taps in NLS or the International Center and other hotels. It is ok to brush your teeth with this water, as long as you do not swallow any. Also, do not eat uncooked foods or foods available at roadside food vendors.

SPECIAL CONCERNS IN INDIA

TRAFFIC

Traffic patterns in India are very different than what you will be used to in the United States. The traffic moves opposite to that of the US and students should be aware when navigating the roads to pick up buses, rickshaws, taxis, etc, that this is the case. In addition, it should be noted that India has some of the most dangerous roads in the world, and you should take extra precautions when riding in vehicles. Please use safety belts (when available).

Extra caution should always be taken when crossing streets. There is no guarantee that a car or motorcycle will stop for you as you cross the street, so please be vigilant before and during crossing that you are not facing any speeding traffic heading towards you. Chances are that they will not

slow down and will expect you to run to safety across the street. According to a recent report from the US State Department, India leads the world in traffic-related deaths. Even when using marked pedestrian areas, take extreme caution. Indian roads typically will use an unmarked center lane to pass and will seem very unsafe to trained drivers in the US. It is not recommended that you drive while you are studying in India. Use extra caution when crossing the street at night.



AUTORICKSHAWS IN GOA

FOOD

Indian food is a popular cuisine all over the world for its abundance of flavor and spices, but please do take precautions when eating outside of the ICG and NLS cafeterias. Many sanitary measures in place at US restaurants and cafeterias do not exist in India. Ask your Program Director and local faculty for recommendations of where they would suggest you eat should you chose to take a meal out. Buy fruit and vegetables that can be peeled or need to be cut open (bananas, oranges, coconuts, mangos) or wash your own fruits and vegetables thoroughly from a safe water source (bottled water) before consuming. Expatriates and tourists alike will talk of the infamous “Delhi belly,” or food poisoning. Take time getting accustomed to Indian dishes and foods, and leave the adventurous eating for when your stomach has acclimated more to the diet. Street food should be avoided. When purchasing items from a grocery store, make sure that the refrigerated items have been properly stored and have not expired. Please note that beef is not typically eaten in many parts of India (Goa being one of the few noted exceptions, due to the Portuguese influence). Other non-vegetarian and vegetarian options should be plentiful.



Travel & Country Information

We encourage all students to research their study abroad destination. The State Department has important information available online. Be sure to read up on Indian history, culture, and current events before your arrival. Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with your teachers and new friends.

We strongly recommend that you register your travel plans with the U.S. State Department at this website:

<https://step.state.gov/step/>

This will help the State Department contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. On this website you can find information ranging from geographic and political descriptions of the country, to special health and safety announcements.

Bengaluru

Also known as Bangalore, but officially renamed Bengaluru in 2014, is the capital of the southern Indian state of Karnataka. The population of Bengaluru is approximately 8.5 million people, making it the third most populated city in India. Bengaluru is also referred to as the “Silicon Valley of India” because of the large information technology (IT) industry presence and there are many major large international companies that have headquarters in the city, including



Indian technological organizations ISRO, Infosys and Wipro. It is one of the major economic centers of India and is the second fastest-growing major metropolis of India. The IT industry here is divided into three main clusters – Software Technology Parks of India (STPI); International Tech Park, Bangalore (ITPB); and Electronics City.

In addition, it is the home to many educational and research institutions. Bengaluru also has a reputation as being the “Garden City of India” due to many public parks and broad streets partnered with a favorable climate. The language mainly spoken in Bangalore is its native language Kannada, but English is widely spoken and is the principal language of the professional and business class. Bengaluru also was named India’s most vegan-friendly city by PETA India. The city boasts a diversity of cuisine that is reflective of its social and economic diversity. The city is also home to the National Gallery of Modern Art, one of the few government established buildings of its kind.

Goa



Goa is India's smallest state by area and the fourth smallest by population. Located in South West India in the region known as the Konkan, it is bounded by the state of Maharashtra to the north and by Karnataka to the east and south, while the Arabian Sea forms its western coast. Goa is a relatively affluent state in India. It was ranked the best placed state by the Eleventh Finance Commission for its infrastructure and ranked on top for the best quality of life in India by the National Commission on Population based on the 12 Indicators.

Panaji (Panjim) is the state's capital, while Vasco da Gama is the largest city. The historic city of Margao still exhibits the cultural influence of the Portuguese, who first landed in the early 16th century as merchants, and conquered it soon thereafter. The Portuguese overseas territory of Portuguese India existed for about 450 years, until it was annexed by India in 1961.

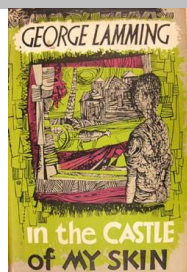
Renowned for its beaches, places of worship, and world heritage architecture, Goa is visited by large numbers of international and domestic tourists each year. It also has rich flora and fauna, owing to its location on the Western Ghats range, which is classified as a biodiversity hotspot.

The Goa, Daman and Diu Official Language Act, 1987, makes Konkani in the Devanagari script the sole official language of Goa, but provides that Marathi may also be used "for all or any of the official purposes". Hindi, the national language of India, is also understood in the state, and English is widely used in conversation and writing.

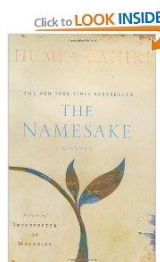
For Fun: Light Reading and Movies

Following are a few books regarding India. Check them out, or consider looking for other books to put you in an India mood prior to – or during – your time abroad. Don't worry; you won't be tested on them!

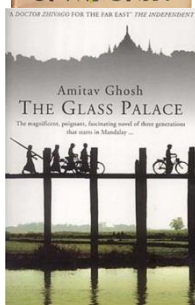
Books



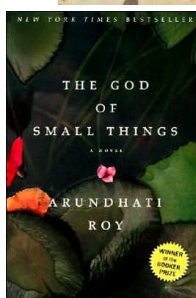
**IN THE CASTLE OF
MY SKIN**
By George
Lamming



THE NAMESAKE
By Jhumpa Lahiri

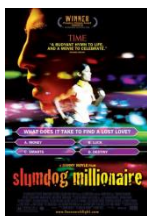


**THE GLASS
PALACE**
By AMITAV GHOSH

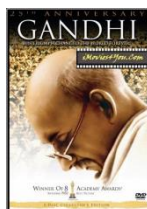


**THE GOD OF
SMALL THINGS**
By ARUNDHATI ROY

Movies



**SLUMDOG
MILLIONAIRE**



GANDHI

Frequently Asked Questions

Will I need a visa?

A visa for summer study in India is MANDATORY. See the section above regarding applying for an Indian student visa.

What airport will I fly into? Do all W&M students travel together on the same flights?

Please refer to the section in this handbook on “Traveling to Bengaluru/Goa” for specific information. W&M students do not necessarily take the same flight. However if you wish to travel with other students you can arrange to communicate through Blackboard or Facebook.

Can I arrive earlier or stay longer than the program dates?

Yes, you may but you will be responsible for making your own accommodation arrangements. You will **NOT** be able to stay in the housing provided during the program.

If my family or friends visit, may they stay with me?

No, they will need to make their own arrangements for accommodations. Please advise your program director if you expect family or friends to visit you during the program.

Am I required to participate in all excursions provided by the program?

Yes, unless your program director says otherwise. The excursions supplement the coursework and expand cultural learning.

Will I need to seek post approval for the courses I take?

No, all of the courses offered in the W&M faculty-led summer programs have already been approved.

Will my grades be posted on my transcript?

Yes, the grades you receive will be posted on your W&M transcript and will be calculated into your GPA.

Can I take class pass/fail?

No, this is not an option.

Do I need to take my own sheets and towels?

You will be staying in a hotel style accommodation in Goa and in a suite style in Bengaluru so you do not need to bring sheets and towels. However, if you plan to travel on your own and stay in hostels, it is suggested to bring your own thin towel and sheet.

Will my study-abroad facility have a fitness center/gym for student use?

The ICG does have a small gym and a pool.

How much spending money will I need?

That varies on your normal spending habits, especially in regards to eating meals out and how much shopping you like to do. Students reported spending between \$500-1,000 during the program, but again this depends on your personal spending habits. Former students DO NOT recommend traveler's checks. They recommend carrying some cash and your credit or debit card. Please see budget section for more information.

Tips from a Past Student

Money: Did you have a budget, ways to get cash and approximately how much did you spend?

I personally had a budget that I had set before departure, which I stayed well under. Things in India are not particularly expensive, and most things you would need are provided for you. I never felt like I didn't have enough money (within the confines of my budget) to do or buy what I wanted. I ended up spending under \$350, and that included multiple dinners and purchases. There is an ATM about a seven minute walk from the ICG, and there are also a few in Panjim. During the excursion, access to an ATM is more limited, but there are no expenses, really, before Bangalore, where you are easily able to find an ATM.

How did you do laundry?

At the ICG, I did laundry in my shower. I bought liquid Tide detergent packs (you can find them in the travel-size aisle at Target) with me, and was easily able to wash my clothes. The ICG provided each room with a bucket, which you would fill with the faucet in the shower and then hand wash your clothes. Once washed, I would hang most of my clothes outside to dry (but not on the railing or the staff will charge you). There was a clothesline in the shower, but there wasn't enough air circulation in there for my clothes to dry well. If it looked like it was going to rain or there wasn't enough room on the porch for all my laundry, I would place some of my clothes on the furniture under the strong ceiling fans. Once students leave for the excursion, doing laundry becomes much more difficult. You can, in theory, hand-wash your clothes on the road, too, but the stops are hardly long enough to wash and dry a full load of laundry. In Bangalore, I paid the hotel to do my laundry, which ended up being a little pricey but totally worth it.

What was the weather like? What types of clothing did you need?

It was pretty hot the entire time we were there. Women must wear clothes that cover their knees and their shoulders (at least), so I wore a lot of long skirts and t-shirts. I also wore a lot of scarves. Make sure the clothing you bring is comfortable, dries easily, packs easily, and can be worn a few times without washing (there is little time to wash and dry clothes on the excursion). Also, be sure to pack a good rain jacket and an umbrella—the last week of our trip was the start of monsoon season. In terms of shoes, bring sandals that you would feel comfortable walking long distances in—like Birkenstocks, Tevas, or Chacos. I didn't bring these and I wish that I had. I brought an old pair of running shoes that I ended up throwing out after we left Hampi.

Describe your everyday life during the program or typical schedule during the week.

We would wake up, get dressed, and have breakfast by 9:30. We would have class until 11, have a break for tea, and then have class until 12:30 or 1. After that, we would have lunch. Then, if there was an excursion planned we would depart for that- otherwise we would take a bus downtown. We would return for dinner no later than 7 or 8, then do homework, read, watch TV, or play cards until we went to bed. Some nights we went and explored outdoor markets or local bars.

Describe any opportunities you had to meet locals or immerse yourself in culture outside of program activities.

All of our professors were 'locals' so we had the opportunity to ask them a lot of questions about their experiences and cultural nuances we didn't understand. We also talked to the staff of the ICG a lot. Whenever we would go on an excursion, we would meet a guide who would tell us a lot about the culture specific to that section of town or country. Even just walking around downtown we were able to grasp a lot. We had a lot of opportunities to absorb culture and I was very thankful for that.

What else is helpful for someone to know if they go on this program?

Go with an open mind and an open heart. India has so much to offer and you can learn so much from the people and experiences that you will encounter.

Know Before You Go

ADDITIONAL TIPS FROM PAST STUDENTS

PLACES TO SEE IN AND NEAR GOA

- Goa, Calangute, and Palolem beaches. Palolem is a 2 hour bus ride from ICG; plan a day trip
- Old Goa
- Church of Our Lady of the Immaculate Conception
- Dudhsagar Falls
- Mangeshi Temple
- Butterfly Conservatory of Goa
- Panjim – the market, restaurants, temples and churches
- Ponda – temples
- Mapusa – larger market than in Panjim which is right next to the bus station
- Anjuna – beautiful beach
- Cidedad de Goa beach – right down the road from ICG.

TRAVEL

- Do not go out alone at night or during the day. Always travel in a small group.
- If going out after 6 pm, take a cab from ICG since buses are infrequent in the evening. Find out what price would be at the reception desk before leaving, and always inform someone where you are going.

LIVING

- “All meals and two juice / tea breaks are part of the cost. In case you are planning on not eating at ICG for any meal, please inform the restaurant manager or program director so that food is not wasted.”
- “If you do not eat at the ICG, you will have to pay for it yourself. You can eat at Miramar or Panjim.”
- “Do not eat the food from street vendors.”

MONEY

- Be sure to call your bank and put a travel notice on your debit AND credit cards. Otherwise, purchases and withdrawals may be declined due to suspected fraud.
- Discuss with your bank the fees associated with international transactions and withdrawals. The bank may be able to inform you of a partner bank in India that you can use to withdraw cash and avoid fees.
- “Most money from ATM’s will be in Rs. 500-1000 (rupee) bills. Unless you shop in more upscale places, you normally shop in the markets or with street vendors. Those merchants will not have change for a 500 or 1000 rupee bill for small purchases, so try to get change anywhere you can.”

PACKING SMART

- A good way to keep a copy of your passport “with you” at all times is to scan your passport and email it to yourself. Access to your passport, therefore, will be possible at any computer with internet access.
- Returning students recommend that your carry-on be a backpack rather than a handheld bag if you plan to do any extra traveling and for field trips.
- The weather will be hot and humid. Bring a poncho since it will likely rain.
- “Bring one nice outfit (business casual) for when you visit businesses.”
- “Bring a good pair of walking shoes.”
- “Keep in mind that the norms for appropriate attire for women are a bit more formal in India than in the US and Europe. When out and about, women will need to dress more moderately than here.”

PREPARE YOURSELF

- It is the beginning of the monsoon season, so bring an umbrella.
- “Do not drink water from the tap in your washroom or anywhere in India. Filtered water will be provided in jugs at no charge in ICG. However, if you want bottled water, you will have to pay for this individually.”
- “Do not swim in the sea. There are currents at this time of the year due to pre-monsoon activity.”
- “How to travel in Goa: There is a regular public bus service that goes past ICG to and from Panjim every 20-30 minutes. These buses can be really crowded at times and the cost is Rs 5-6 (approximately a quarter). There are auto-rickshaws from various points in Panjim that may cost between Rs 100-180 to the ICG. They seat 3 people. There is also a two-wheeler taxi (called a pilot) that costs about Rs 130-150 from Panjim to ICG.”

Contact Information

REVES CENTER CONTACTS

You may call the Reves Center and its advisors at the numbers below between 8am and 5pm (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at +001 (757) 221-4596. Campus police will then forward your call to the correct person or office.

Reves Center Advisor: Molly DeStafney (mldestafney@wm.edu) +001(757)221-3425

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P. O. Box 8795
Williamsburg, VA 23187-8795
Fax – (757) 221-3597

*To call the U.S. from abroad: 001+ (Area Code) + phone number

IN BENGALURU/GOA

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Bandra East, Mumbai, Maharashtra 400051, India
Telephone :

Regular Hours: (022)-2672-4000 – between 3:00 p.m. and 4:00 p.m. on weekdays and ask for American Citizens Services.

Emergency: (022)-2672-4000 – ask for Officer on Duty